

Find Support as you Grieve with the OnTrak™ Program



The OnTrak program combines Care Coaching by a nurse with support from a licensed counselor. Together they may help you to feel stronger and more able to move forward after a loss.

Your Care Coach and counselor will listen to you with compassion and without judgment. They will support and encourage you, which can make a big difference in your daily life. Your Care Coach and counselor are on your side, with methods to help you cope with the grief of a loved one's passing.

The OnTrak program could help you:

- Continue to take care of yourself
- Work through feelings of loss
- Get back to healthy habits and routines
- Feel more in control and less overwhelmed
- Have someone to talk to when you're ready
- Learn to celebrate the life and memory of your loved one

You aren't alone. Your Care Coach and counselor are there to help you work through your grief.

Please contact us so we may help you start feeling better now.



1-866-517-1417

stayontrak.com

contact@stayontrak.com

Note: OnTrak is available to eligible members of select health plans. If your membership with your health plan ends, you will no longer be eligible for the OnTrak program and services.